



## Nutrition

### EATING ON THE RUN

KEEPING their weight down can be a challenge for soldiers who spend lots of time on the road or in the field.



To maintain a healthy lifestyle on the road:

◆ Don't skip breakfast. Eat high-fiber cereals and breads, low-fat dairy products and fruit.

◆ Carry meal-replacement bars or fruit. Some food manufacturers offer such healthy, portable snacks as reduced-fat crackers, fig bars, rice cakes, low-fat popcorn and bran muffins.

◆ Many restaurants have added health-conscious items to their menus. Opt for lean, baked meats instead of fried, high-fat varieties. Choose a baked chicken sandwich and salad instead of a cheeseburger and fries, for example.

◆ If your only resort is the vending machine, go for pretzels instead of chips.

◆ Eat the main meal before the snacks in MREs.

◆ Drink lots of water.

◆ Avoid weight-loss products that contain ephedrine, an herb claimed to increase metabolism and stimulate weight loss. This supplement has been widely reported to cause serious illness and even death, and is under investigation by the Food and Drug Administration.



## SKIN CANCER: MORE COMMON THAN YOU MIGHT THINK

WITH the summer sun comes a disease that kills nearly one million Americans each year: skin cancer. According to the American Academy of Dermatology, one in five Americans develops skin cancer.

"Its prevention is simple, yet difficult for Americans to value since a bronze tan is part of our cultural vision of beauty," said COL Frances J. Sorge, of the U.S. Army Center for Health Promotion and Preventive Medicine.

Parts of the body that are regularly exposed to the sun — face, ears, hands, forearms and shoulders — are most vulnerable to skin cancer. People who work outdoors, such as soldiers, and those with fair skin are at greater risk.

The best defense against skin cancer is to avoid the sun. Those who have to go outdoors should apply a minimum 15 Sun Protection Factor sunscreen 30 minutes before going outside, and reapply it hourly if swimming or sweating.

The use of sunscreen shouldn't be considered an excuse to stay in the sun longer, Sorge added, as ultraviolet rays still penetrate sunscreen and can damage the skin. These rays are strongest between 10 a.m. and 3 p.m., and can cause burning even on cloudy days. Ultraviolet rays in tanning salons also cause skin cancer.



Check out  
[www.cancer.gov](http://www.cancer.gov) and  
[www.aad.org](http://www.aad.org).

## Leisure

### ARE WE THERE YET?

SCHOOL is out. Summer vacations are in. Long road trips can sour anyone's mood for fun, but a sense of humor and preparation can make traveling easier.

Aside from road-safety kits recommended by most travel agencies, families should pack sanity-survival kits for the ride. Let children pack their own bags of favorite toys, music and snacks, for example. And take enough pillows and lightweight blankets for everyone to get comfortable.

A safe, maintained car will help keep travel problem-free. Things to get checked include brakes, filters, belts, fluid levels, wiper blades, turn signals, tire tread, tire pressure and oil. If your car has wheel locks to prevent it from being stolen, make sure you can find the key in case of a flat tire.

Road conditions, construction zone information and the locations of rest areas are available online at [www.freetraveltips.com](http://www.freetraveltips.com), which offers links to the departments of transportation for all states.

Check these sites when planning your vacation:  
[www.armymwr.com](http://www.armymwr.com)  
[www.govarm.com](http://www.govarm.com)



## Family

### STAYING IN TOUCH

**DEPLOYED overseas?** Talk to loved ones by calling the Defense System Network Worldwide operator at (DSN) 231-1311 for the number of the DSN switch nearest your home. The local DSN operator or automated switch used on some posts will connect you to a civilian line. From there, use a phone card or call collect to your home number at standard U.S. long-distance rates.

